



1700 W. Bloomfield Rd.
(812) 349-3720


Summer hours:
Mon.–Fri. 5 a.m.–8 p.m.
Sat.–Sun. 7 a.m.–8 p.m.


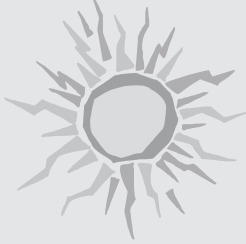
August 2013

Class Schedule

SilverSneakers®

TLRC membership is NOT required to join a group exercise class; however, registration fees apply. For more information about registration or to sign up, visit the TLRC front desk or bloomington.in.gov/TLRC.

 Like us on Facebook!
Twin Lakes Recreation Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div></div> <div><h2>Group Exercise at the TLRC</h2><h3>Fall Session I:</h3><h3>September 8–October 26</h3><p>Registration extends through the first week of the session. All scheduled classes are held the week of September 8, so you can try all the classes for free! When you find one you like, sign up by the registration deadline.</p></div>			1 <u>Nia®</u> 8:30am <u>SilverSneakers® Cardio Circuit</u> 8:30am <u>SilverSneakers® Cardio Circuit</u> 9:30am <u>SilverSneakers® MSROM</u> 10:30am <u>Bring a Buddy Day</u> <i>First Thursday of each month, bring a friend to work out for FREE</i> <u>Body Blitz</u> 6:30pm <u>Core Essentials</u> 7:30pm	2	3 <u>Boot Camp</u> 8:30am
4	5 <u>Turf Time for Toddlers</u> 9:30am <u>SilverSneakers® MSROM</u> 9:30am <u>SilverSneakers® YogaStretch</u> 10:30am <u>Nia®</u> 5:30pm <u>Yoga</u> 6pm <u>ZUMBA®</u> 6:30pm	6 <u>SilverSneakers® Cardio Circuit</u> 8:30am <u>SilverSneakers® Cardio Circuit</u> 9:30am <u>SilverSneakers® MSROM</u> 10:30am <u>Pilates</u> 6pm <u>Kickboxing</u> 6:30pm <u>Core Essentials</u> 7:30pm Registration opens for Group Exercise Fall Session I	7 <u>Turf Time for Toddlers</u> 9:30am <u>SilverSneakers® MSROM</u> 9:30am <u>SilverSneakers® YogaStretch</u> 10:30am <u>Nia®</u> 5:30pm <u>20/20/20</u> 5:30pm <u>ZUMBA®</u> 6:30pm	8 <u>Nia®</u> 8:30am <u>SilverSneakers® Cardio Circuit</u> 8:30am <u>SilverSneakers® Cardio Circuit</u> 9:30am <u>SilverSneakers® MSROM</u> 10:30am <u>Body Blitz</u> 6:30pm <u>Core Essentials</u> 7:30pm	9	10 <u>Boot Camp</u> 8:30am
11	12 <u>Turf Time for Toddlers</u> 9:30am <u>SilverSneakers® MSROM</u> 9:30am <u>SilverSneakers® YogaStretch</u> 10:30am <u>SilverSneakers® Lunch</u> 10:30am <u>Nia®</u> 5:30pm <u>Yoga</u> 6pm <u>ZUMBA®</u> 6:30pm	13 <u>SilverSneakers® Cardio Circuit</u> 8:30am <u>SilverSneakers® Cardio Circuit</u> 9:30am <u>SilverSneakers® MSROM</u> 10:30am <u>Pilates</u> 6pm <u>Kickboxing</u> 6:30pm <u>Core Essentials</u> 7:30pm	14 <u>Turf Time for Toddlers</u> 9:30am <u>SilverSneakers® MSROM</u> 9:30am <u>SilverSneakers® YogaStretch</u> 10:30am <u>Nia®</u> 5:30pm <u>20/20/20</u> 5:30pm <u>ZUMBA®</u> 6:30pm	15 <u>Nia®</u> 8:30am <u>SilverSneakers® Cardio Circuit</u> 8:30am <u>SilverSneakers® Cardio Circuit</u> 9:30am <u>SilverSneakers® MSROM</u> 10:30am <u>Body Blitz</u> 6:30pm <u>Core Essentials</u> 7:30pm	16	17 <u>Boot Camp</u> 8:30am
18	19	20	21	22	23	24
<div></div> <div><h2>Summer Shutdown</h2><h3>CLOSED this week for annual maintenance.</h3><p>We will re-open at 7 a.m. Sunday, August 25.</p></div>						
25	26 <u>Turf Time for Toddlers</u> 9:30am <u>SilverSneakers® MSROM</u> 9:30am <u>SilverSneakers® YogaStretch</u> 10:30am <u>SilverSneakers® Lunch</u> 10:30am	27 <u>SilverSneakers® Cardio Circuit</u> 8:30am <u>SilverSneakers® Cardio Circuit</u> 9:30am <u>SilverSneakers® MSROM</u> 10:30am	28 <u>Turf Time for Toddlers</u> 9:30am <u>SilverSneakers® MSROM</u> 9:30am <u>SilverSneakers® YogaStretch</u> 10:30am	29 <u>SilverSneakers® Cardio Circuit</u> 8:30am <u>SilverSneakers® Cardio Circuit</u> 9:30am <u>SilverSneakers® MSROM</u> 10:30am	30	31



TWIN LAKES
RECREATION
CENTER

CITY OF BLOOMINGTON
PARKS AND RECREATION

1700 W. Bloomfield Rd.
(812) 349-3720

August
2013

Free, Ongoing
Programs
for Adults
(age 50 yrs. and up)
Monday–Friday only

The Lower Level is only
open Monday–Friday
from 8 a.m.–3 p.m.
It is closed Saturday
and Sunday except
for reservations and
scheduled activities.

Participation in these programs is free, and TLRC membership is not required. For more information about programs and services for adults, call (812) 349-3727.

To find out more about SilverSneakers®, the nation’s leading exercise program designed exclusively for older adults, or for a list of participating insurance carriers, visit the TLRC front desk.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div> <div> Your health. Your goals. Your life. Your place! </div> <div>  </div> <div> Discounted membership rates for seniors TLRC memberships for seniors age 60 years and up start as low as \$30/month. For more information, call 349-3720, visit our Web site, or visit our facility. </div> </div>			1	2	3
	4 Steady Steppers 9am Volleyball 9:30am Drop-in Bridge 10:30am Pickleball 10am Tai Chi Qigong 11am Bridge Club 11am Mahjong Noon Bingo 1pm Bunco 2pm Legal Counseling 3pm by Atty. Tom Bunger. Call 349-3727 to register.	5 Lap Quilting 9:30am Volleyball 9:30am Euchre 10:30am Aerobics 2pm	6 Steady Steppers 9am Volleyball 9:30am Drop-in Bridge 10:30am Bridge Club 11am Pickleball 10am Birthday Celebration by Meadowood 12:45pm Bingo 1pm Int'l Folk Dance 1:30pm Bunco 2pm	7 Volleyball 9:30am	8 Steady Steppers 9am Volleyball 9:30am Euchre 10:30am Pickleball 10am Bridge Club Noon Advanced German 1:30pm Aerobics 2pm	9 Steady Steppers 9am Volleyball 9:30am Euchre 10:30am Pickleball 10am Bridge Club Noon Advanced German 1:30pm Aerobics 2pm
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